



Physical Education – Summer 1 - Cycle A 2022/23 – Class 3 – Y3/4 Athletic Activities



<p>Knowledge (NC) Use running, jumping, throwing, and catching in isolation and in combination. Develop flexibility, strength, technique, control, and balance. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Character Resilience – to learn from my mistakes and ask for feedback so that I can improve.</p>	<p>Markers for Assessment Can run, jump, throw and catch in isolation and in combination with some accuracy.</p> <p>Can demonstrate some improved flexibility, technique, control, and balance.</p> <p>Can use feedback to improve performances.</p>	<p>Below</p>	<p>Above</p>
<p>Skills</p> <p>To demonstrate a pull throw.</p> <p>To perform a standing long jump.</p> <p>To demonstrate a sling throw.</p> <p>To demonstrate a push throw.</p> <p>To throw for distance using a pull, push and sling throw.</p> <p>To pass a quoit/baton to a teammate in a relay.</p> <p>To perform a hop, step, and jump.</p> <p>To perform a combination of 5 jumps.</p> <p>Y3 Skills for assessment</p> <p>Y4 plus ALL Y3 Assessment markers</p>	<p>Markers for Assessment</p> <p>Pull throw Hold the object in the throwing hand reaching back at shoulder/head height. Opposite foot forward to throwing arm. Step from back foot to front foot. Elbow is kept high. Bring arm and hand through fast and last.</p> <p>Running fast Eyes focused forward throughout the run. A fast relaxed arm action. Arms bend at elbows and move in opposition to legs. Contact ground with front part of foot. Body leans slightly forward.</p> <p>Jumping – standing long jump Eyes focused forward. Arms swing behind body. Arms swing forward and up. Both feet leave the ground. Together from ball of foot. Land on both feet at the same time. Ankles, knees and hips bend to absorb impact.</p> <p>Sling throw Opposite foot forward to throwing arm. Start with weight on back foot. Twist and push hips forward. Arms whip through from low to high. Keep throwing arm straight throughout.</p> <p>Push throw Keep the object close to neck. Side on to the throw with feet slightly off-line to each other (front toe in line with back heel). Balance is transferred from back leg to front leg. Rear/throwing arm punches beanbag/ball out and up, extending arm.</p>	<p>Below</p>	<p>Above</p>

<p>Prior Knowledge</p> <ul style="list-style-type: none"> • Run, jump, catch and throw in isolation. 	<p>Vocabulary</p> <p>Push, pull, sling, throw, opposite, transfer, balance, off line, extending, rear, front, swing, opposition, reach, combination, improvement, performance.</p>
<p>Prior Skills</p> <p>Children can select the most appropriate throw. Children can throw with increasing accuracy into a target. Children can comment on the types of passes they are using. Children use simple tactics to score points. Children can explain in simple terms the tactics they are trying to use</p>	
<p>Questions (potential 'hook' questions for lessons)</p> <p>Which is the best position to stand when throwing? Does the height of the throw affect the distance you can achieve? How can you use your body to generate force when throwing? Which jumps benefit from a run up?</p>	<p>Cross-Curricular/Enrichment</p> <p>SCIENCE/PSHE</p> <p>Maintaining a Healthy body through exercise. Effects of exercise on the body system.</p> <p>MATHS</p> <p>Length, Distance & Measures, Scoring & Calculating</p> <p>Diamond 9</p> <ul style="list-style-type: none"> • collaboration, challenge, resilient